



**Bevin-Gaye Love | Program Coordinator**  
Seeing Through Stigma—Heart and Soul Inc.

Bevin shines her light and  
spreads the message that  
Recovery is Real:

**Bevin's speaking engagements**

"Our Lives, Our Voices: Overcoming  
the Stigma of Mental Illness"

January 24th 2015, Menlo Park Presbyterian Cafe, Menlo Park

"Cal Train-SamTrans-press conference  
for Suicide Prevention Month"

October 2nd 2014, Cal Train Station, San Mateo

*"Keep educating our community!"*

—Audience comment



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"Seeing through Stigma" is a campaign of Heart and Soul's groundbreaking  
anti-stigma program, Stamp Out Stigma, founded in 1990 by Carmen Lee.



SEEING  
THROUGH  
STIGMA

FREEING THE WORLD FROM STIGMA  
ONE STORY AT A TIME

*"Hearing your stories was  
so inspiring and gave me  
courage to keep helping people."*



## Who We Are

The "Seeing Through Stigma" campaign grew out of an earlier advocacy movement aimed at changing the adverse images of those living with mental health challenges and their misunderstood portrayal in the media. The Stamp Out Stigma (SOS) program was founded in 1990 by Carmen Lee. Seeing Through Stigma continues the work of this groundbreaking anti-stigma program.

The result is, now those who have been previously "Unseen" can tell their story and be witnessed standing in their strength.

## Services

Seeing Through Stigma presentations consist of 3 panelists who share personal experiences of living with mental health challenges, relating their own experiences of stigma and how they have worked to change the adverse societal perceptions.

Presentations are interactive, and the audience is encouraged to ask questions.

*"It is amazing to me how all of you share your personal life stories and problems and triumphs with complete strangers."*



## Who We Serve

Since 1990, over 1500 presentations have been given to the audiences listed below:

- Outpatient and inpatient programs for youth and adults
- Rehabilitation drug and alcohol programs
- High Schools and Colleges
- Psychiatry interns
- Anti stigma conferences
- Television and radio talk shows
- Crisis suicide prevention centers
- Schools of nursing in psychology

**REAL TALK  
REAL RECOVERY  
REAL STORIES**



## Comments from Audiences

"The presentation helped me to understand that mental illness isn't where your life stops but it's your life starting."

*"After hearing your stories, it is so inspiring to me and gave me some courage to keep helping people."*

"The presentation was so moving, especially the personal stories of the panelists; the panelists helped me understand mental illness from a more human perspective."

*"The experiences of the people were amazing and brings me hope."*

"It was truly a blessing to listen to the panelists stories as they were invaluable, which goes to show there is hope."

*"I learned today at the presentation that you can get to a place of recovery with mental illness."*

"It moved me in how open and comfortable you all were with us in telling your stories, thank you!"

*"These panelists are serving and sharing."*

"Remain teachable."

*"I was thrilled to hear that Seeing Through Stigma goes into high schools; early diagnosis is key..the advocacy is key, thank you for your work."*

"People with mental health challenges can overcome many obstacles and lead fulfilling, productive lives."

*"You are inspirational people and positive role models of the community. I appreciate your strength and perseverance."*

"Keep going, it helps all!"